



Guess What?

Discover more about what your student just learned in advisory

❖
October 2023

2023-2024 Focus: **Building Healthy Communities through Strengthening Relationships and Communication Skills**

This month in Advisory we are continuing our focus on building a healthy community by focusing on Effective Communication skills. Students are learning to communicate with others by developing Speaking and Active Listening skills.

Using video clips and games, students were able to recognize that honing in on communicating in a clear manner with the goal of mutual understanding can lead to individual satisfaction, and collective well-being. They had the opportunity to practice speaking skills with sentence frames such as: “ I feel___, when you___; I would like it if we could___.” They had the opportunity to deeply listen by practicing with sentence frames such as “ I hear you saying___; did I get that right?”

Here is the lesson your students engaged with: Effective Communication - SEL Advisory #2 2023

Try it at Home!

VALIDATE & AFFIRM

WAYS TO DO THIS:

- I see where you're coming from, and it makes sense to me
- I can see how that would be frustrating/hurtful/scary
- Your feelings are valid and make sense
- That sounds hard and I'm here for you

LEGITIMIZE THEIR FEELINGS & EXPERIENCES
Reassure them that their experiences, feelings, and pain make sense

REACH TOWARDS EMPATHY AND CONNECTION
Affirm them by agreeing that you can see where they're coming from, even if you disagree with their conclusion or request

Goal of listener is move towards connection with the speaker

Consider asking your students to share the speaking and listening sentence frames with you. You may try practicing these skills on your own, and then incorporating them into dialogue with your student.

As adults, we often tell our students what we want from them, or what they need to accomplish at home or in school; let's consider focusing on active listening skills.

You may find that after a while, you learn more about their inner thoughts and feelings which can lead to a better understanding of their lives and improve your ability to work together on shared goals.

Words to know*

- **Affirm** - letting people know you value them
- **Compassion** - feeling moved by others who are suffering, and motivated to act - compassion literally means to “suffer with;” offering kindness and understanding
- **Convergence** - moving toward union; meeting in the middle.
- **Effective Communication** -exchanging ideas, thoughts and feelings so that the message is received and understood with clarity and purpose, without intentionally harming another, and often with the goal of connection.
- **Validate** - acknowledging an understanding of what a person is saying, and possibly their emotions, without trying to talk them out of it or shame them for it. To validate does not necessarily mean to agree.

**These definitions are specifically for the context of this advisory.*

Resources

Care Solace

1 (888) 515-0595

www.caresolace.com/FUHSD

County Mental Health

1 (800) 704-0900

NEW Suicide and Crisis Lifeline

Dial 988

Refer your teen to a school-based mental health professional for help during the school day (8:00a-3:30p)

[Cupertino](#)

[Fremont](#)

[Homestead](#)

[Lynbrook](#)

[Monta Vista](#)

[Educational Options](#)